

## CLAIMS

I claim:

1. A sleeping pad comprising:
  - 5 a mat with a top end and a bottom end;
  - a pillow on said mat at or near the top end of said mat;
  - a storage pouch at or near said bottom end of said mat; and
  - a blanket attached to said mat on or near said storage pouch.
- 10 2. A sleeping pad as in Claim 1, wherein the storage pouch is integral with the mat.
3. A sleeping pad as in Claim 2, wherein the storage pouch comprises a lower half that is a portion of the mat and an upper half that is a flap extending over the mat and secured at a plurality of its edges to the mat.
- 15 4. A sleeping pad according to Claim 1 wherein said blanket is detachable from and reattachable to said mat.
5. A sleeping pad according to Claim 4 wherein said blanket is attached and detached with a hook and loop connection system.
- 20 6. A sleeping pad according to Claim 5 wherein said blanket comprises an end portion having a fastener and the storage pouch comprises an interior surface having a cooperating fastener, and wherein the blanket extends into the storage pouch to contact the interior surface of the pouch so that the blanket fastener connects to the pouch fastener.
- 25 7. A sleeping pad according to Claim 1, wherein the mat top end rolls into the storage pouch and the sleeping pad further comprises a hook and loop connector system for closing the storage pouch with the mat substantially contained within the storage pouch.
- 30 8. A sleeping pad according to Claim 1 wherein the pillow is integral with the mat.

9. A sleeping pad according to Claim 1 with a handle positioned on the outside of said storage pouch.

5 10. A sleeping pad according to Claim 1 wherein said storage pouch comprises:  
a pocket at said bottom end of said mat;  
said pocket being generally equal in width to said mat and extending upward from said bottom end of said mat 1/6 – 1/3 of the way to the top end of the mat.

10 11. A sleeping pad according to Claim 10, wherein the blanket is generally rectangular and has a bottom edge, a top edge, sides edges, and two top corners and two bottom corners, and wherein said blanket is attached to the sleeping pad only at said bottom edge and said two bottom corners.

15 12. A sleeping pad according to Claim 10, wherein the blanket is removably attached to the mat at said bottom edge and two bottom corners.

13. A sleeping pad according to Claim 1, wherein the pillow is integral with the mat, the pillow is rectangular and the pouch is rectangular.

20 14. A sleeping pad according to Claim 13, wherein said pillow and mat roll up into the pouch to form a rectangular storage package, wherein the thickness of said pillow and the mat region with which the pillow is integral is smaller than the length and smaller than the width of said pillow, so that, when the mat and pillow are rolled up lengthwise into the pouch, the resulting 25 rectangular storage package is thinner than it is wide and thinner than it is long.